

- 1 What does the word karate mean? _____
- 2 What is the Japanese term for open horse stance? _____
- 3 What is the single goal of Martial Arts? _____
- 4 What is a forward moving kick reverse punch? _____
- 5 What is a elbow block? _____
- 6 What is the purpose for the first bow of class? _____
- 7 What is a back fist? _____
- 8 What is the theme of 1st Basic & Pinan Nidan? _____
- 9 What is the name of the ready stance after bow? _____
- 10 What is a reverse punch stance? _____
- 11 What is a cat stance? _____
- 12 What is a spear hand? _____
- 13 How far apart are the knees in a formal bow? _____
- 14 Why do we practice barefooted? _____
- 15 What is the Japanese word for your belt? _____
- 16 What is a middle block? _____
- 17 What is a front kick block? _____
- 18 What is a flat cat stance? _____
- 19 What is the purpose for the 2nd bow? _____
- 20 What is a jumping low block? _____
- 21 What is a straight horse stance? _____
- 22 What is a lunge reverse punch? _____
- 23 Who is the founder of Wado? _____
- 24 What is the Japanese word for awareness? _____
- 25 What is the theme of Sandan? _____
- 26 What is the best style of martial arts? _____
- 27 What is a palm strike? _____
- 28 What does Wado stand for? _____
- 29 What is the theme of Yondan? _____
- 30 What are the two main elements of kisos? _____
- 31 What is the bow when entering the training area for? _____
- 32 What is the stance used in 1st Basic kata? _____
- 33 What is a high block? _____
- 34 What is a one finger strike? _____
- 35 What is a reverse punch? _____
- 36 What is a kick lunge reverse punch? _____
- 37 What is a low block? _____
- 38 What is the purpose for the 3rd bow? _____
- 39 What is the turned in stance? _____
- 40 What is a lunge punch stance? _____
- 41 What is the theme of Shodan? _____
- 42 What is a back lunge stance? _____
- 43 What is the purpose of the 4th bow? _____
- 44 What is a open hand block? _____
- 45 What is a kick forward moving punch? _____
- 46 What is a bowing stance? _____
- 47 What is a karate chop? _____
- 48 What is a side kick? _____
- 49 What is a front kick? _____
- 50 What is a lunge punch? _____
- 51 What is a forward moving punch? _____
- 52 What is a vertical fist strike? _____
- 53 What is a hammer fist? _____
- 54 What is a roundhouse kick? _____
- 55 What is a elbow strike? _____
- 56 What is a kick lunge punch? _____
- 57 What is the theme of Godan? _____
- 58 What is a ridgehand? _____
- 59 What is an outside-in block? _____
- 60 What are the two most important aspects of self defense? _____